

PATRIOTIC POPSICLES

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Ingredients:

- 1 cup raspberries
- 1 cup blueberries
- 1 cup vanilla flavored Greek yogurt
- Popsicle molds
- Popsicle sticks

Directions:

- Use a blender or food processor to puree raspberries until smooth. Add a little water to thin out and put into a measuring cup with a spout. Set aside.
- Repeat process with blueberries, also adding water to thin out. Put in a measuring cup with a spout and set aside.
- Put yogurt in a measuring cup with spout. Add a little water to thin out. Chill all three cups until ready to use.
- To layer popsicles, start by adding a little blueberry puree to the bottom of each mold. Freeze mold at least an hour or until firm.
- Next add a little bit of yogurt to each mold for next stripe. Insert popsicle sticks into the frozen part so it can stand up straight. Put back into the freezer until solid.
- Repeat step with raspberry stripe, freezing until firm. Alternate yogurt and raspberry stripes until molds are filled (Remember to freeze each stripe until solid before adding the next). It is normal if stripes are not even.
- Once molds are filled and completely frozen solid, you can un-mold pops. (It's best to keep in the mold until ready to serve). Immerse molds in hot water for about 30 seconds to help popsicles slide out.
- Store popsicles in waxed paper or a plastic baggie in the freezer.
- Serve and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.